

How to Submit Documents

You can submit the medical documents through your chain of command via fax, email, or mail.

You Can Submit Documents to:

Unit
Battalion Medical Readiness NCO
Brigade Medical Liaison
State Surgeon's Office

Preventative Measures for Overall Good Health

- Exercise Regularly
- Healthy Diet
- Healthy Weight Control
- Practicing Proper Lifting and Carrying Techniques
- Smoking Cessation

Website Link to Low Cost Clinics

NeedyMeds

http://www.needymeds.org/free_clinics.taf

State Surgeon's Office Website

Includes:

- Staff Contact Information
- Forms and Regulations
- Brochures

<http://www.calguard.ca.gov/GI/Pages/SSO.aspx>



CA ARNG State Surgeon's Office
9800 Goethe Road (Box 31)
Sacramento, CA 95826-9101
Fax: 916.854.4200

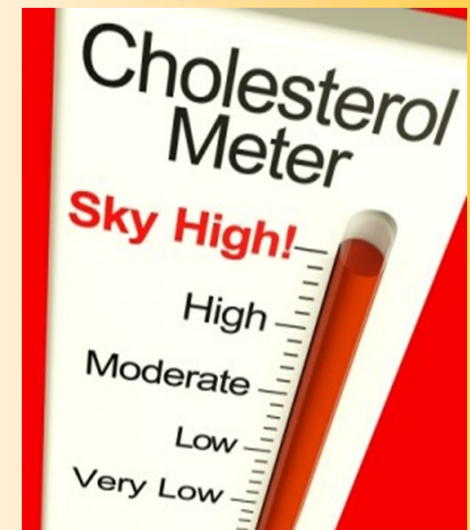
SSO Email: ng.ca.caarng.mbx.sso@mail.mil



Hyperlipidemia



California Army National Guard
State Surgeon's Office



Hyperlipidemia

Your cholesterol and triglyceride levels are too high. High levels can increase your risk for developing coronary artery disease (CAD). CAD can lead to the hardening of your arteries and a build up of plaque in your arteries which can result in a heart attack or stroke if left untreated.

Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for **Hyperlipidemia**. You will need to submit appropriate medical documentation through the proper chain of command to clear your medical flag.



What the State Surgeon's Office Initially Needs from your Medical Provider:

- Labs
 - Repeat Fasting Lipid Panel
- Diagnosis (what is your medical condition)
- Prognosis (what your doctor thinks your likely outcome will be)
- Treatment Plan (dietary changes, lifestyle changes, medications, etc.)
- Comment on Functional Activity Limitations (permanent or temporary, with duration)
 - What physical activities you can and cannot do (e.g. running, jumping, and lifting)

For your Medical Provider:

This patient is an Army National Guard Soldier identified on recent screening with abnormal fasting lipid panel. Lipid levels noted on screening warrant consideration of drug therapy per ATP-III guidance, based on the patient's stated risk factors for CVD (LDL, HDL, TRG). Please repeat fasting lipid panel and any other studies deemed clinically relevant. Please provide lab results, diagnosis, prognosis and treatment plan. Please comment on the patient's physical limitations (if any) on attached assessment sheet. Thank you.

Acceptable Medical Documents:

- Completed Standard Form 513 (SF 513)
- Office Visit/Provider Notes
- Results of any X-ray/Imaging Studies
- Results of any Diagnostic tests